CITIZENS OF THE KINGDOM ORTHODOXY

Purification - Illumination - Glorification

FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE FULL MOON

"Blow up the trumpet in the new moon, in the time appointed, on our solemn feast day." Psalm 81:3 KJV

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication a month: - month (-ly), new moon = a beginning of a new month)

FULL MOON HEALTH

THE LINK BETWEEN THE FULL MOON, SEROTONIN AND PARASITES

During the **FULL MOON**🌕, science has proven that our bodies automatically produce more of our "happy hormone" (serotonin). Parasites🪱 love serotonin and use it to move more freely throughout the body. This means they are more active during the full moon, making it the best time to flush them out of our bodies.

SIGNS OF PARASITES IN YOUR BODY:

- Feeling tired and weak
- Grinding your teeth in your sleep
- Lack of iron
- Anxiety/depression
- Poor memory
- Headaches
- Stomach pain

Follow the FULL MOON PARASITE REMEDY on the CKO or ECF

EAT THESE FOODS TO GET RID OF PARASITES:

1. 🍍Pineapple can make your immune system healthier and help it to fight and kill parasites.
2. 🌱 Pumpkin Seeds help remove parasites from the body, they paralyze parasites so they pass easily through your body.
3. 🥒Cucumber Seeds contain enzymes that kill tapeworms.
4. 🧄Garlic strengthens the immune system and kills parasites.
5. 🫚Ginger increases the production of stomach acid, which can kill parasites.
6. 🍎Apple Cider Vinegar restores natural pH balance, improves digestion, and kills parasites.

DO GOOD BY GIVING BACK

Helping others is a humbling yet very uplifting experience - It is biblical assignment for good reason!

"Giving" connects us to others. By giving your time or produce and or money, creates a stronger sense of community and it helps to build a happier society for everyone.

Investing our time, ideas and energy into areas or communities that need support, inevitably changes our own perspective, hence our spirits.

SO, IF YOU WANT TO FEEL GOOD, DO GOOD!

HERE ARE SOME IDEAS:

1. 💰Give 10% of your salary to a charity that is close to your heart.
2. 🐶Volunteer for an hour at an organization of your choice ie SPCA, Old age home etc
3. 🚲Find unneeded items in your house and donate them to schools in rural areas ie unused exercise equipment, toys, blankets etc.
4. 🥕Plant a vegetable garden, and donate the vegetables to a food pantry.
5. ✏️Donate school supplies to children from underprivileged homes.